

Farm



Fresh

December 2007

Available Now...

Beef

Colorado's top agricultural commodity is cattle. There are 2.7 million head of cattle in the state valued at \$2.6 billion.

Beef is full of nutrients, providing zinc, iron, protein and B Vitamins.



Photo Courtesy of Cattlemen's Beef Board & National Cattlemen's Beef Association

Look for Colorado beef at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Gourmet Mini Burgers

Chef Jason K. Morse, C.E.C., Valley Country Club

Serves 2

6 Mini burger buns
12 oz. Ground chuck
Kosher salt to taste
Ground black pepper to taste
3/4 cup White cheddar cheese, shredded
1/2 Yellow onion, julienned
Butter
1-1/2 cups Shoestring potatoes
Mayonnaise, as needed
Mustard, as needed
Ketchup, as needed
Pickles, as needed

Sauté onions in butter and set aside. Season the ground beef with salt and pepper and form into 6 patties. Grill or sauté burgers to desired temperature, add a little seasoning while grilling. While the burgers are cooking, grill the buns. When the burgers are close to done, top with the cheese and allow to melt. Place the burgers on the toasted buns and top with onions, pickles and favorite condiments. Arrange the mini burgers onto a round plate and place the shoestring potato sticks in the center. This is a great recipe to try your own flavors, try them blackened, or use different sauces, and have fun!

Enjoy with a Colorado wine, such as a glass of Palisade Red from Plum Creek Cellars, located in Palisade, Colorado.

Next Month... Pinto Beans